

It's Okay to Hurt!
Blessed: It's An Inside Job! Pt. 2
Matthew 5:4
Sunday, September 20, 2026

Matthew 5:1, Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, **2** and he began to teach them. He said: **3** "Blessed are the poor in spirit, for theirs is the kingdom of heaven. **4** Blessed are those who mourn, for they will be comforted."

John 11:33, When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. **34** "Where have you laid him?" he asked. "Come and see, Lord," they replied. **35** Jesus wept.

1 Samuel 1:10, In her deep anguish Hannah prayed to the LORD, weeping bitterly. **11** And she made a vow, saying, "LORD Almighty, if you will only look on your servant's misery and remember me, and not forget your servant but give her a son, then I will give him to the LORD for all the days of his life, and no razor will ever be used on his head."

2 Samuel 12:16, David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. **17** The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. **18** On the seventh day the child died. David's attendants were afraid to tell him that the child was dead, for they thought, "While the child was still living, he wouldn't listen to us when we spoke to him. How can we now tell him the child is dead? He may do something desperate."

2 Samuel 1:11, Then David and all the men with him took hold of their clothes and tore them. **12** They mourned and wept and fasted till evening for Saul and his son Jonathan, and for the army of the LORD and for the nation of Israel, because they had fallen by the sword... **25** "How the mighty have fallen in battle! Jonathan lies slain on your heights. **26** I grieve for you, Jonathan my brother; you were very dear to me..."

2 Samuel 18:33, The king was shaken. He went up to the room over the gateway and wept. As he went, he said: "O my son Absalom! My son, my son Absalom! If only I had died instead of you—O Absalom, my son, my son!"

Ruth 1:19, So the two women went on until they came to Bethlehem. When they arrived in Bethlehem, the whole town was stirred because of them, and the women exclaimed, "Can this be Naomi?" **20** "Don't call me Naomi," she told them. "Call me Mara, because the Almighty has made my life very bitter. **21** I went away full, but the LORD has brought me back empty. Why call me Naomi? The LORD has afflicted me; the Almighty has brought misfortune upon me."

Genesis 37:34, Then Jacob tore his clothes, put on sackcloth and mourned for his son many days. **35** All his sons and daughters came to comfort him, but he refused to be comforted. "No," he said, "I will continue to mourn until I join my son in the grave." So his father wept for him.

Job 1:20, At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship **21** and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised." **22** In all this, Job did not sin by charging God with wrongdoing.

What Do I Do When Life Hurts?

1. ADMIT That It Hurts

Psalms 13:1, How long, LORD? Will you forget me forever? How long will you hide your face from me? **2** How long must I wrestle with my thoughts and day after day have sorrow in my heart?

Psalms 62:8, Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

2. ALLOW Yourself to Grieve

Ecclesiastes 3:1, *There is a time for everything, and a season for every activity under the heavens... 4 a time to weep and a time to laugh, a time to mourn and a time to dance,*

Psalms 56:8, *Record my misery; list my tears on your scroll—are they not in your record?*

Job 1:20, ... *Job got up and tore his robe and shaved his head. Then he fell to the ground in worship...*

Galatians 6:2, *Carry each other's burdens, and in this way you will fulfill the law of Christ.*

Job 2:11, *When Job's three friends... heard about all the troubles that had come upon him, they set out from their homes and met together by agreement to go and sympathize with him and comfort him. 12 When they saw him from a distance, they could hardly recognize him; they began to weep aloud, and they tore their robes and sprinkled dust on their heads. 13 Then they sat on the ground with him for seven days and seven nights. No one said a word to him, because they saw how great his suffering was.*

3. INVITE God Into Your Pain

Psalms 34:18, *The LORD is close to the brokenhearted and saves those who are crushed in spirit.*

Psalms 23:4, *Even though I walk through the darkest valley, I will fear no evil, for you are with me...*

Daniel 3:25, ... *"Look! I see four men walking around in the fire, unbound and unharmed..."*

4. EXPECT God to USE Your Grief

2 Corinthians 1:3, ... *the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any troubles...*

Psalms 30:5, ... *weeping may stay for the night, but rejoicing comes in the morning.*

Genesis 50:20, *You intended to harm me, but God intended it for good...*